

Diabetes Prevention and Control Nutrition Services

With Bernita LaCroix R. D.

For patients of all ages

One to one consultations

Learn healthy choices,

Set goals,

and

Get on your way to feeling great!

**Appointments available
Between 10:00 and 4:30
At the Nisqually Health Clinic
on the following dates:**

**Thursday November 5th
Thursday November 12th
Thursday November 19th
Tuesday November 24th**

Another opportunity to taste great food and
learn about preventing diabetes:
our Brown Bag Lunch series.

**Next Event: Thursday November 5th
12:00
at the
Recovery Cafe**

Bring your brown bag lunch and get ready to try
tasty foods! Past events include lettuce wraps,
healthy desserts, soups, crock pot cooking,
traditional herbs and teas, oats, and many
more!



**Nisqually Health
Clinic**

Tel: 360-459-5312